

WHAT IS CLAIMED IS:

1. A turbine comprising:
 - (a) a first rotating portion configured to rotate about an axis, the first rotating portion comprising a plurality of first fluid outlets; and,
 - (b) a second rotating portion configured to rotate about said axis, the second rotating portion comprising a plurality of second fluid outlets proximate to said plurality of first fluid outlets on the first rotating portion,
- 10 wherein when a fluid is directed out said first fluid outlets, said first rotating portion rotates in a first sense, and said fluid is directed out said second fluid outlets, thereby causing said second rotating portion to rotate in a sense opposite to said first sense.
- 15 2. The turbine of claim 1 wherein the second fluid outlets are positioned radially outwardly from the first fluid outlets.
3. The turbine of claim 1 wherein the first rotating portion comprises first baffles which define the first fluid outlets.
- 20 4. The turbine of claim 3 wherein the first baffles have a first curvature.
5. The turbine of claim 4 wherein the second rotating portion comprises second baffles which define the second fluid outlets.
- 25 6. The turbine of claim 5 wherein the second baffles have a second curvature opposite to the first curvature.
- 30 7. An electrical power system comprising the turbine of claim 1 and a generator, the generator comprising an armature and a field,

wherein the first rotating portion is connected to drive the armature and the second rotating portion is connected to drive the field, so that when a high pressure fluid is directed out said first fluid outlets, said armature rotates in a first sense, and said high pressure fluid is forced out said second fluid outlets, thereby causing said field to rotate in a sense opposite to said first sense.

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8. The electrical power system of claim 7 wherein the second fluid outlets are positioned outwardly from the first fluid outlets.

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9. The electrical power system of claim 7 wherein the first rotating portion comprises baffles which define the first fluid outlets.

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10. The electrical power system of claim 9 wherein the baffles are curved.

11. The electrical power system of claim 7 wherein the second rotating portion comprises baffles which define the second fluid outlets.

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12. The electrical power system of claim 11 wherein the baffles are curved.

13. An electrical power system comprising the turbine of claim 1 and a generator, the generator comprising an armature and a field, wherein the first rotating portion is connected to drive the field and the second rotating portion is connected to drive the armature, so that when a high pressure fluid is directed out said first fluid outlets, said field rotates in a first sense, and said high pressure fluid is forced out said second fluid outlets, thereby

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causing said armature to rotate in a sense opposite to said first sense.

14. The electrical power system of claim 13 wherein the second fluid outlets are positioned outwardly from the first fluid outlets.
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15. The electrical power system of claim 13 wherein the first rotating portion comprises baffles which define the first fluid outlets.
- 10 16. The electrical power system of claim 15 wherein the baffles are curved.
- 15 17. The electrical power system of claim 13 wherein the second rotating portion comprises baffles which define the second fluid outlets.
18. The electrical power system of claim 17 wherein the baffles are curved.
- 20 19. A method of generating counter-rotation comprising:
 - (a) providing a turbine comprising a first rotating portion and a second rotating portion, both of which are configured to rotate about a single axis; and
 - (b) forcing a high pressure fluid through said turbine,

25 wherein said high pressure fluid causes said first rotating portion to rotate in a first sense, and causes said second rotating portion to rotate in a sense opposite to said first sense.

- 20. A method of generating electricity comprising generating counter-rotation by the method of claim 19, and further providing a generator comprising an armature and a field, the armature
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connected to be driven by said first rotating portion and the field connected to be driven by said second rotating portion, so that said armature and field rotate in opposite senses.